

The Element Encyclopedia Of Birthdays Theresa Cheung

[The Element Encyclopedia of Birthdays](#) [The Encyclopedia of Birthdays \[Revised Edition\]](#) [The Astrology Fix](#) [The Sensitive Soul](#) [The Complete Book of Birthdays](#) [How to Catch A Dream: 21 Ways to Dream \(and Live\)](#) [Bigger and Better](#) [The Element Encyclopedia of 20,000 Dreams: The Ultimate A-Z to Interpret the Secrets of Your Dreams](#) [21 Rituals to Change Your Life](#) [The Premonition Code](#) [The Element Encyclopedia of Birthdays](#) [The Dream Dictionary from A to Z \[Revised edition\]: The Ultimate A-Z to Interpret the Secrets of Your Dreams](#) [An Angel Saved Me](#) [21 Rituals to Connect with Nature](#) [Tea Bliss](#) [21 Rituals to Ignite Your Intuition](#) [Heaven Called My Name](#) [The Ritual Yearbook](#) [The Element Encyclopedia of Vampires](#) [Answers from Heaven](#) [The Element Encyclopedia of Secret Signs and Symbols: The Ultimate A-Z Guide from Alchemy to the Zodiac](#) [The Afterlife is Real](#) [100 Ways to Be Kind](#) [The Element Encyclopedia of Birthdays](#) [Teen Tarot](#) [An Angel Called My Name: Incredible true stories from the other side](#) [Numbers and You: A Numerology Guide for Everyday Living](#) [The Book of Birthdays](#) [What Your Birthday Reveals About You](#) [The Complete Book of Dreams](#) [Gay Sex Positions](#) [365 Birthdays Interpreted](#) [The Hidden World of Birthdays](#) [The Truth about Angels](#) [The Element Encyclopedia of Magical Creatures: The Ultimate A-Z of Fantastic Beings from Myth and Magic](#) [Sun Sign, Moon Sign: Discover the personality secrets of the 144 sun-moon combinations](#) [Mooncakes and Milk Bread](#) [Dream Decoder Journal](#) [Element Encyclopedia of Fairies](#) [The Element Encyclopedia of the Psychic World](#) [The Gift of Flowers](#)

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Answers from Heaven Apr 10 2021 Answers from Heaven is for anyone who has ever wondered if there is an afterlife and if it is truly possible to contact the spirit world. In this compelling book, Sunday Times bestselling author Theresa Cheung and medium Claire Broad share the fascinating true stories of ordinary people who have experienced direct communication from the spirit world, and those who have received proof of survival through a reading with Claire. Answers from Heaven outlines the many different ways that heaven may answer our prayers, offer us comfort and provide proof of survival, and includes: - The top ten afterlife signs - What near-death experiences can tell us - The meaning of visions and dreams - The importance of intuition and coincidence - Advice on visiting a medium As well as examining the ways in which messages can come to us from the other side, Answers from Heaven outlines the latest scientific research on the afterlife and mediumship, and helps shed light on one of the most important questions about human experience - what happens after we die? It also shares the practical steps we can all take to become more attuned to the medium that lies within us and recognise the signs that heaven is calling.

Gay Sex Positions Apr 29 2020 Volume 3 of the Gay Sex Positions Adult Coloring Book series.

21 Rituals to Ignite Your Intuition Aug 14 2021 21 simple and easy daily rituals to help you tune into your inner wisdom so that you can start making better, more inspired decisions in your life Like optimism, intuition can be cultivated. Research has shown that contrary to popular opinion intuition isn't something we are born with and it doesn't come naturally to everyone. Intuition is a skill that we can learn and we can get better at it the more we practise. Drawing on science, psychology and Theresa's techniques this book offers 21 simple and proven daily rituals to help you tune into your inner wisdom and start making better decisions in your life today. Following on from the success of 21 Rituals to Change your Life readers will be encouraged to follow a daily ritual plan for a period of at least 21 days. Research shows that it takes around three weeks to ensure a daily ritual becomes entrenched at a neural level and is therefore powerful enough to change your life for the better. Each of the intuition-boosting rituals are simple and easy to understand and can be incorporated into everyday life in a matter of moments. Most importantly they are enjoyable and rewarding, with, external benefits or internal insights becoming obvious within days. Combining science, esoteric arts, the power of ritual and the accessibility of popular psychology, this easy-to-read guide will engage, motivate and inspire.

Mooncakes and Milk Bread Oct 24 2019 "Cho's book is so smart and thorough, I'm not sure we'll need another book on the topic anytime soon." - The New York Times In Mooncakes & Milk Bread, food blogger Kristina Cho (eatchofood.com) introduces readers to Chinese bakery cooking with fresh, uncomplicated interpretations of classic recipes for the modern baker. Inside, you'll find sweet and savory baked buns, steamed buns, Chinese breads, unique cookies, whimsical cakes, juicy dumplings, Chinese breakfast dishes, and drinks. Recipes for steamed BBQ pork buns, pineapple buns with a thick slice of butter, silky smooth milk tea, and chocolate Swiss rolls all make an appearance--because a book about Chinese bakeries wouldn't be complete without them! Kristina teaches you to whip up these delicacies like a pro, including how to: Knead dough without a stand mixer Avoid collapsed steamed buns Infuse creams and custards with aromatic tea flavors Mix the most workable dumpling dough Pleat dumplings like an Asian grandma This is the first book to exclusively focus on Chinese bakeries and cafés, but it isn't just for those nostalgic for Chinese bakeshop foods--it's for all home bakers who want exciting new recipes to add to their repertoires.

The Truth about Angels Jan 27 2020 The Truth about Angels is the one book you need to discover the angels within. With the world in turmoil, spiritual forces are needed more than ever before. Harnessing the angel and new age movement can help you make sense of life when it feels directionless. Angels provide us with hope and illuminate a new path forward. They are appearing with more frequency and intensity in both our daily lives and our dreams as they're wanting us to see, hear and know them because, consciously or unconsciously, we have collectively been asking for them. Rather than visiting or becoming dependent on gurus, psychics or mediums, expert Theresa Cheung is here to show you how to directly communicate with angels on your own. Divided into three parts - The Secret World of Angels, The Secret Language of Angels and Angels and Miracles - Theresa Cheung's much-anticipated book will teach you everything you need to know, including how to decode the secret language they speak to us in, how to look within - rather than externally - to find angels, as well as sharing

real-life anecdotes on how angels have changed the lives of people all over the world. In *The Truth about Angels* Theresa will also share her own spiritual story; her book is based on decades of research, personal experience, and is underpinned by science. 'Theresa Cheung is mysterious, illuminating, kind and informative.' - Russell Brand 'Theresa Cheung shows us that the way forward is to understand that consciousness/spiritual awareness is the fundamental ground of all experience.' - Deepak Chopra 'Theresa offers fascinating and practical advice to aid people in personally exploring mind-bending concepts and applying them to their own lives.' - Eben Alexander 'In a world full of naysayers and skeptics, Theresa is helping to steer us on a new course. She not only offers support and understanding to those with the gift of inner sight, but also helps the non-believer to come to terms with the existence of the paranormal and non-corporeal with down-to-earth explanations that are backed by science.' - Alexandra Wenman, Sky well-being Angel expert, author of the Archangel Fire Oracle

The Ritual Yearbook Jun 12 2021 We all need to find connection and meaning in the midst of the fast paced world we live in and rituals offer an easy and simple way to do this. In this 365 year-long exploration, Theresa Cheung offers daily practices to help us bring focus and attention to our lives for meaningful and achievable change. A ritual is any action we take that has meaning beyond its appearance; by giving an action intention it becomes 'sacred' and purposeful. The absence of significant ceremony in our lives has left us feeling disconnected, confused and alone. Rituals and ceremony allow us to be present in the now, focus on the future and provide us with closure on the past, they return us to what matters. Drawing on science and psychology, Theresa Cheung's 365 non-denominational rituals will help anyone to transform their lives. Split into four sections, the book begins with 21 simple foundation rituals to help you ground your daily practice. The second and largest section is broken down into 4 areas: Body, Mind, Spirit and Heart. Each containing 74 rituals, some simple and some more complex. Choose the area you feel you want to focus on and follow the rituals in sequence or choose as you wish. The third section has a four-week programme focussing on success and broken down week-by-week and the final section contains 21 closing rituals. For those wanting a year long programme the book can be used day-by-day or alternatively choose a ritual at random.

The Complete Book of Dreams May 31 2020 *The Complete Book of Dreams* engages the main body, mind, and spirit sub-practices in achieving better sleep, and with it, better physical and emotional health.

The Sensitive Soul Jul 25 2022 Have you ever been told to toughen up or stop taking everything so seriously? Or do you feel that in a harsh world – where the way to get noticed is to shout the loudest – your heartfelt approach just doesn't cut it? Some of us are born sensitive. We live our lives vividly through the lens of emotion and with our senses perpetually on high alert. Even those whom others might label 'insensitive', will experience times in their lives when their innate sensitivity is activated and they feel overwhelmed, or sense and feel things they can't explain. Based on strategies proven to be effective by scientists and psychologists, combined with her own research including real stories, Theresa Cheung will show you how to unlock the potential of your sensitivity. She'll guide you through the steps that will transform the challenges of being a gentle person into a strength and shine a light on how traits such as empathy, intuition, creativity and compassion have the power to unite us. *The Sensitive Soul* is a vital resource for the highly sensitive, anyone who has gone through sensitive times or simply longed for the world to be a little kinder. This book was previously published as *The Sensitivity Code*. Read what everyone is saying about *The Sensitive Soul*: 'Theresa Cheung provides a timely guide for individuals, who feel life deeply, to take a step back, and reflect upon sensitivity and how it fits in the modern world's emotion paradigm...It reminded me there are steps I can use in my life to increase my self-care. I recommend this book to anyone who wishes to explore sensitivity in themselves or others.' Goodreads Reviewer, 5 stars 'A thorough explanation of the highly sensitive individual, the problems they need to wrestle with in their day-to-day life and their amazing gifts they can deploy at work and at home. Once the book talked us through these basic ideas, it then moves on to offering solutions to this high sensitivity, and to enjoying its pros rather than dealing with its cons.' *Affair With Psychology*, 5 stars 'I found this book absolutely fascinating. As someone who has been told to "toughen up" a lot I could relate to it so much. I really feel like this book has given me some great strategies for both me and my very sensitive 4-year-old son. Fantastic and recommended to anyone who feels it could help them.' Goodreads Reviewer, 5 stars 'Looking at individual case studies really resonated with me. It is helpful on many levels from the identifying traits of being sensitive to acknowledging what people have said to you since a child. It makes you see the positives of being sensitive instead of the negatives. Unlike some psychology books it is very accessible and friendly and non-judgemental.' Karen Reads and Recommends 'The aim of *The Sensitive Soul* is to help gentle people recognise their own worth. To give them the coping tools to manage emotions and navigate insensitive environments. To help sensitive people identify the red flags of toxic relationships. It's truly helped me through the past few tricky weeks. Thank you.' Goodreads Reviewer, 5 stars

100 Ways to Be Kind Jan 07 2021 'Made me sit up and listen straight away' Goodreads reviewer, 5 stars Acts of everyday kindness can boost your mood and immunity, lower blood pressure, ease anxiety, slow the ageing process, improve the quality of your relationships (including the one you have with yourself) and give you a sense of deep meaning and purpose. *100 Ways to be Kind* is a road map of practical, simple and immediately actionable ways to be kind including how to be kinder to yourself, to others and to nature. Theresa debunks the damaging myth that being kind is a weakness and shows that it is not anger or aggression that brings out our true inner grit, but kindness. Science has proven that there are powerful, potentially lifesaving reasons to be kind. The kinder you are, the more likely you are to experience happiness. Kindness is the simple and scientifically proven remedy that everyone needs to administer right now. So, if you want to harness the power of kindness to transform your life and help save the world at the same time but aren't quite sure how - this book is for you. Read what everyone is saying about *100 Ways to Be Kind* 'This is exactly the book I needed to read right now. So much insight on kindness... I love this book, it's great to pick up when needed a little inspiration on how to be kind, or if you need a reminder to be kinder to yourself and laugh a little.' Goodreads reviewer 'Who couldn't use a little more kindness in their life? ... I was expecting a list, but her book is so much more. You could focus on self kindness or kindness online or seek out whatever type of kindness appeals to you.' Goodreads reviewer 'This beautiful new book by Theresa Cheung is as timely as it is uplifting... the first book I have seen that offers solid ways to get your mind re-focused on what is important in life... offers new and clever ways of sharing kindness and love to others when it is most desperately needed.' Goodreads reviewer 'An insightful and easy to follow guide on actions you can take to be kind to yourself and others.' Goodreads reviewer 'An easy to implement guide to adding kind actions to your daily life... A good reminder of how easy it is to help others and feel better about yourself in the process.' Goodreads reviewer

The Astrology Fix Aug 26 2022 Heal and flourish with *The Astrology Fix*. Bestselling astrology and dreams author Theresa Cheung answers daily dilemmas with expertly-crafted cosmic cures. Are you stressed and overwhelmed? Lost and seeking direction? Yearning safety, connection and joy? The universe is here to help. By decoding the heavens and your soul, you begin a transformative journey to self-discovery, growth and fulfilment. Modern astrology is a form of spiritual psychology – one that can help you become the person you were born to be. Part illuminating life-coach, part contemporary cosmic guide, *The Astrology Fix* helps you reconnect with your innermost self. Tune into your astrological personality – who you are and your general approach to life. Then try over 50 astrological fixes to transform your emotional, physical and spiritual life. For: Joy and Success, try an Aries ritual for motivation, a full moon empowerment chant, a Gemini laughter incantation and more. Love and Relationships, try a Venus self-love spell, an inner power visualisation, a healing heartbreak bath and

more. Health and Well-being, try a reconnect to the earth exercise, sun-sign self-care, connect with air body scan and more. Energy and Inspiration, try a Leo confidence pose, an Age of Aquarius reflection, a planetary weekday boost and more. Rest and Rejuvenation, try a compassion spell, a Pluto meditation, a calm-down journal and more. Protection and Comfort, try a zodiac detox, a Uranus meditation, a colour fix and more. Two indexes – one general and one organised by specific needs – enable you to quickly address any question or issue that confronts you. Follow your astrological compass to better navigate the world and relate to those around you. Be the master of your own universe.

The Hidden World of Birthdays Feb 26 2020 Provides information on what you need to know about one's birthday, includes lucky numbers, health scents, gems, symbols, and favorable foods

What Your Birthday Reveals About You Jul 01 2020 Born on December 3rd? You're an ambitious, hardworking "idea person" and a dynamic leader. Born on December 14th? You're the "traveling salesperson" of the zodiac and a gifted marketer. All Sagittarians are charming, intelligent, and adventure-seeking, but which day of the month you're born on can determine the way in which you use those traits to your best advantage. In this exciting new book, master astrologer Phyllis Vega gives a detailed analysis for each birthday in the year, combining astrology and numerology to paint a true picture of the characteristics, desires, and destinies of people born on that day. If you were born October 5th, you're a skilled negotiator with a gift for making money. But if you were born just four days later, you're a compassionate dreamer with spiritual inclinations. Aries is the sign of the determined ram, but if you were born on April 7th, you are idealistic and inspiring.

How to Catch A Dream: 21 Ways to Dream (and Live) Bigger and Better May 23 2022 How to Catch A Dream is the ultimate toolkit to become a lucid dreamer to create a happier and more fulfilling waking life. 'Theresa Cheung shows us that the way forward is to understand that consciousness/spiritual awareness is the fundamental ground of all experience.' DEEPAK CHOPRA

Tea Bliss Sep 15 2021 Describes the history of tea, its varieties, and its medicinal properties along with information on choosing a teapot, how to make tea, and ways to meditate with tea.

The Element Encyclopedia of Vampires May 11 2021 An A to Z of the Undead

The Element Encyclopedia of 20,000 Dreams: The Ultimate A–Z to Interpret the Secrets of Your Dreams Apr 22 2022 Unlock the secrets of your dreamlife with the latest in the hugely popular series of 'Element Encyclopedias'. This is the most comprehensive A–Z reference book on dream interpretation you'll ever find.

An Angel Saved Me Nov 17 2021 Sunday Times bestselling angel author Theresa Cheung is back with a new collection of extraordinary stories revealing how our guardian angels intervene in our lives, bringing us a lifeline of hope, healing and spiritual transformation. The honest and astonishing accounts in *An Angel Saved Me* prove that, even in our darkest hour of need, we are never alone. These remarkable stories of miraculous intervention remind us that there is so much more to this life than we can ever know. Even in a troubled world, angels can bring us protection, guidance and a sense of hope, comfort and purpose when we need them the most.

The Dream Dictionary from A to Z [Revised edition]: The Ultimate A–Z to Interpret the Secrets of Your Dreams Dec 18 2021 In this newly revised and updated edition, unlock the secrets of your dreamlife with the most comprehensive A–Z reference book on dream interpretation you'll ever find.

Element Encyclopedia of Fairies Aug 22 2019 Fairy expert Lucy Cooper examines the long history of fairies in our world, both ancient and modern. From the Fates of ancient Greece and the Sidhe of the Celts to the Cottingley Fairies of Yorkshire and the Djinn of Arabia.

365 Birthdays Interpreted Mar 29 2020 What's in a birthday? Each day of the year has its unique magic which will reflect on your personality DNA to reveal your strengths and weakness. Harnessing this information will help you discover your full potential. The power of your birthday is determined not only by your ruling planet, but also by the numerology of the date of your birth. By combining your birth date ruler with your ruling planet, you will be able to understand why you are not just a typical Taurus or Aries. Find out which careers resonate with your personality and what you are like as a lover and partner. Discover the important events that happened on your birth date and the famous people with who you share your day.

The Afterlife is Real Feb 08 2021 A collection of true-life accounts of near death experiences or glimpses of the afterlife by one of the UK's best-loved experts in the paranormal.

The Book of Birthdays Aug 02 2020 Go beyond your sun sign to find your place in the cosmos! Do you want to uncover your partner's secret desires and fantasies? Enhance your health, rev up your career, improve your mind? Develop a more intimate knowledge of your own personality . . . and a deeper understanding of those you love? Your character isn't influenced just by your sun sign. It is shaped by the natural rhythms at work on the precise day you were born. The Book of Birthdays, written by acclaimed British astrologer Russell Grant, shows you how to use this exciting astrological breakthrough to achieve a more dynamic understanding of yourself, your mate, and your world. Are you a bright, energetic spring baby? A vividly colorful child of the fall? Were you born in the heat of summer or the waning light of winter? Unlike any other astrology book, The Book of Birthdays reveals how the season of your birth affects the huge collective of characteristics that makes you unique. Also learn: • How the exact time of the day you were born sets you apart from others who share your sun sign • How the changing cycles of nature will influence all the seasons of your life • Insight into the quirks and tendencies that make you you! With individualized tips for robust mind and body health and inspirational personality profiles for every day, The Book of Birthdays is a must for every astrology buff—and a happy celebration of every birth date of the year!

The Element Encyclopedia of Birthdays Oct 28 2022 Did you know that your birthday can give you surprising details about your personality profile, your ideal partner, and your dark side? The Element Encyclopedia of Birthdays combines astrology, psychology, numerology and tarot for practical advice on how to make the best of yourself and shape your future.

Numbers and You: A Numerology Guide for Everyday Living Sep 03 2020 Harness the power of numbers! Numerology has been around since the sixth century B.C. and has been used throughout the ages to reveal the secrets of personality . . . to determine the numerical vibrations surrounding different aspects of life . . . and to select the key numbers in your life that will lead to happiness and prosperity. If you can count on your fingers, you can use this ancient system to discover: • What is the purpose of your life? • Which day is your sexuality highest? • Which lottery numbers should you choose? • When is the best time to make decisions? • What cities are the best for you to live in? • How can you tell if someone's right for you? Featuring numerological profiles of famous people and trends!

The Premonition Code Feb 20 2022 An in-depth study into the cutting-edge science of 'sensing' the future, or precognition—from a cognitive neuroscientist and the bestselling author of *The Dream Dictionary* In this groundbreaking book, bestselling author Theresa Cheung joins forces with cognitive neuroscientist Julia Mossbridge, PhD, Director of the Innovation Lab at The Institute of Noetic Sciences (IONS). Together they reveal revolutionary new research showing that sensing the future is possible; they also provide practical tools and techniques you can use to develop your own powers of precognition. Precognition is the scientific name for the knowledge or perception of the future, obtained through extrasensory means. Often called 'premonition', precognition is the most frequently reported of all extrasensory perception (ESP) experiences, occurring most often in dreams. It may also occur spontaneously in waking visions, auditory hallucinations, flashing thoughts entering the

mind, the sense of “knowing” and physiological changes. Combining science and practice, Theresa and Dr Julia unravel the mystery of precognition. The book will cover: • What precognition is and the different types, clearly explaining the cutting-edge science, including what is known and what is still a mystery • The most common premonitions that people experience and why, including examples from around the world • Experimental tools to help you cultivate precognition experiences to help get useful information for your life • Case studies included throughout, with supporting scientific evidence offered alongside to provide validation and explanation • Personal experiences of the authors, detailing how premonition has shaped their lives and interviews with leading scientists and experts in the field

The Gift of Flowers Jun 19 2019 *The Gift of Flowers* is a beautiful guide to the natural healing qualities of flowers and the many ways they can be used as unique and special gifts. Discover the secret language of flowers and learn the symbols and messages behind each one: the tulip is for love and the bluebell is for constancy. Find out which flowers correspond to birth dates, zodiac signs, days of the week, and anniversaries. The book also provides over 50 creative inspirations including: Floral infusions of vinegars, teas, liqueurs, and cordials Botanical skincare mixtures and special fragrances Bouquets and dried flower arrangements Potpourri and pressed flower art *The Gift of Flowers* is a magic garden of wisdom and change, sure to inspire gardeners, cooks, and flower lovers everywhere.

Teen Tarot Nov 05 2020 Featuring illustrations throughout, this fun book helps teens apply the Tarot to such topics as dating and love, friendship, school, health, beauty, and dreams.

The Element Encyclopedia of Secret Signs and Symbols: The Ultimate A–Z Guide from Alchemy to the Zodiac Mar 09 2021 Unlock the lost and hidden meanings of the world's ancient and modern signs and symbols with the latest in the hugely popular series of 'Element Encyclopedias'. This is the biggest A-Z reference book on symbolic objects you'll ever find.

Heaven Called My Name Jul 13 2021 An inspiring and moving collection of true encounters with the afterlife from the author of the Sunday Times bestsellers *An Angel Called My Name* and *An Angel Healed Me* *Heaven Called My Name* is a compelling collection of incredible true stories from people who believe they have heard the voice of heaven and reveals messages of comfort, guidance and inspiration. Using first-hand accounts from ordinary people whose lives have been forever transformed by an afterlife encounter, as well as her own experiences and insights, Theresa Cheung will answer the eternal questions that we all ask ourselves at some point in our lives, regardless of whether we follow a religion or not. *Is there a meaning and a purpose to my life? *What is my calling or my destiny? *Is there life after death? *Can I talk to a departed loved one in heaven? *Does heaven watch over me? The moving and honest accounts in *Heaven Called My Name* are proof that extraordinary things can and do happen to ordinary people, guiding and transforming their lives in the process.

The Encyclopedia of Birthdays [Revised Edition] Sep 27 2022 Did you know that your birthday can give you surprising details about your personality profile, your ideal partner, and your dark side? *The Element Encyclopedia of Birthdays* combines astrology, psychology, numerology and tarot for practical advice on how to make the best of yourself and shape your future.

Dream Decoder Journal Sep 22 2019 Ever dream that you were flying? Or being chased? Do you wake up and wonder "What did that mean?" *The Dream Decoder Journal* gives you instructions and helpful tips to best recall your dreams and then gives you tools to decipher their meanings, including interpretations of 60 of the most common dreams, explaining what your unconscious mind is telling you, and what events or situations in your waking life might inspire certain dreams. This improved self-awareness can be used as a tool to deal with challenging emotional situations or life choices.

The Complete Book of Birthdays Jun 24 2022 *The Complete Book of Birthdays* contains 365 unique birthday profiles that combine astrology and psychology to teach a person about their true self!

The Element Encyclopedia of Birthdays Jan 19 2022

21 Rituals to Change Your Life Mar 21 2022 Creating personal ritual in our lives allows us to bring the presence of the sacred into the everyday. The rituals in this book have been designed as symbolic acts providing a framework for anyone to use to create positive change in their lives. The 7 morning rituals are designed to help you 'wake with determination', the 7 afternoon rituals focus on 'living on purpose', and the 7 evening rituals are about 'retiring with satisfaction'.

21 Rituals to Connect with Nature Oct 16 2021 Following on from the success of Theresa Cheung's previous 21 Ritual series comes a nature-based daily practice book. It contains 21 simple, easy daily rituals to help you tune into the natural world around you helping you to feel more grounded and connected to yourself and others. It is well known that spending time in nature increases our health, vitality, and sense of wellbeing. Some researchers have linked obesity, ADHD, and other health conditions to a disconnection from nature (what Richard Louv calls 'nature-deficit disorder'). The problem is that our society has never been as far removed from nature or our natural affinities with the nonhuman world as we are today. Spending more time in nature is an obvious solution to feelings of disconnection. Drawing on what science and psychology teach us about the benefits of connecting more to the living power of nature and how to strengthen it using the life changing power of ritual this book offers 21 powerful rituals that don't necessarily require a wilderness trek or trip to the countryside. Readers will be encouraged to perform 21 'connecting with nature' rituals every day over a three-week period as research shows that it takes around three weeks to ensure a daily ritual becomes entrenched at neural level. Some of the rituals will need to be performed outdoors in easy to find locations but others can be performed in your home or office. The first week will focus on connecting with nature indoors, the second in the fresh air and the third at a specific location so the progression to 'wild' nature is accessible. The rituals are very easy to understand and incorporate into everyday life; some in a matter of moments and others a little while longer.

The Element Encyclopedia of Magical Creatures: The Ultimate A–Z of Fantastic Beings from Myth and Magic Dec 26 2019 From unicorns and trolls to werewolves and griffins, this comprehensive guide is the key to discovering every magical creature from myth, folklore and legend around the world.

The Element Encyclopedia of the Psychic World Jul 21 2019 This is the definitive A-Z reference book on all things psychic, mysterious and paranormal - the marvels, secrets and mysteries of the visible and the invisible world. This wonderful guide covers everything you could want to know including ghosts, strange phenomena, people, places, events, and ideas. Featuring over 800 A-to-Z entries, this *Psychic Encyclopedia* is a fascinating compendium of worldwide paranormal activity. With explanations of strange phenomena from both folklore and modern scientific research. Factual information on and explanations of: mediums and spiritualists to near-death experience, ghosts, levitation, telepathy, astral travel, precognition, all forms of divination (tarot, runes, crystal balls, tea leaves, etc.), evidence for the afterlife, contacting spirit guides, haunted sites, famous historical figures, haunted places and documented experiments, and much more. A complete reference of paranormal myth and folklore - and the myths and legends surrounding ghosts and spirits in different cultures throughout the world, from famous ghost stories to various beliefs and superstitions that have taken root in different countries.

An Angel Called My Name: Incredible true stories from the other side Oct 04 2020 Following on from the hugely popular 'Angel Saved My Life' series comes a moving new collection of real-life stories from the Afterlife.

The Element Encyclopedia of Birthdays Dec 06 2020

Sun Sign, Moon Sign: Discover the personality secrets of the 144 sun-moon combinations Nov 24 2019 This book provides a remarkably

revealing picture of your total personality, by going beyond the simple twelve Sun signs and combining them with the twelve Moon signs. Sun Sign, Moon Sign gives you a deeper insight into your own-and your friends' and family's-true personality, and leaves you truly astounded at just how accurate astrology can be!